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CLINICAL PATHWAY: CT Children's COVID-19 Newborn Care and Disposition Appendix A: NICU Care Guidelines

THIS PATHWAY
SERVES AS A GUIDE AND
DOES NOT REPLACE
CLINICAL JUDGMENT.

- **Infant is a PUI at admission if:**
 - Mother is symptomatic at delivery and results are pending
 - Mother has 1st positive COVID test within 10 days of delivery if asymptomatic or mild/moderate disease
 - Mother has 1st positive COVID test within 20 days of delivery if severely/critically ill
- **NICU Isolation Care for baby identified as PUI – PPE Guidelines:**
 - **If baby is in Room Air or less than 2L HF Nasal Cannula:**
 - Use Droplet (mask/gown/eye/gloves).
 - **If baby is on respiratory support of 2L HF NC or greater:**
 - Use Airborne/Special precautions: gown, gloves, N95 respiratory mask, eye protection. Hair protection recommended.
- Infants requiring droplet OR airborne precautions are ideally cared for in single patient room. If single patient room unavailable, isolette is preferred and ≥ 6 feet from other patients
- **Intubations in NICU: procedural mask/gloves; recommended: eye protection. If infant on droplet or airborne precautions then full airborne PPE should be used for potential of aerosol generation.**
- **Testing recommendations for PUI infants:**
 - Testing of baby is indicated when mom has 1st positive COVID test within 10 days of delivery OR within 20 days of delivery if mother severely/critically ill
 - Testing of baby is indicated if mother symptomatic at delivery and results are pending
 - **Procedure if infant admitted directly to NICU after birth (concern for vertical transmission):**
 - 1 testing swab to oropharynx, then bilateral nares
 - Test between 48-72 hours of life
 - Infant can be cleared from precautions if this test is negative
 - If baby test is **POSITIVE**: continue isolation precautions until Day 11 with date of test as Day 1
 - **Procedure if infant has been with mom in couplet care prior to NICU admission (concern for horizontal transmission):**
 - 1 testing swab to oropharynx, then bilateral nares
 - Test at admission and again at 5-7 days since last maternal contact if initial test negative
 - Infant can be cleared of precautions if both tests are negative and has reached Day 11 from last contact with COVID positive individual
 - If baby test is **POSITIVE**: continue isolation precautions until Day 11 with date of test as Day 1
- **ROUTINE PRE-procedural testing for COVID** prior to OR cases, sleep study or similar testing is not needed for asymptomatic infants in the NICU
- **Discharge recommendations:**
 - **If Mom is COVID-19 positive:**
 - If baby is positive and within 10 days of diagnosis: discharge home to mom or healthy caregiver if mom unable to care for baby. Caregivers should wear mask, gloves, and practice hand hygiene. Close follow up with pediatrician recommended regularly for at least 14 days to monitor infant's health.
 - If baby is negative: the baby should primarily be cared for by healthy non-infected caregiver when possible. If mom/affected family members are in the same home, they should maintain distance of 6 feet from infant when possible, wear mask and practice hand hygiene
 - Mom can safely care for baby without restrictions when she has been afebrile for 24 hours without anti-pyretics AND 10 days have passed since first symptoms or her positive test date AND there is progressive improvement in symptoms
- **ALL bedside visitors to wear surgical/procedure masks when visiting NICU at all times if hospital mandate in place.**



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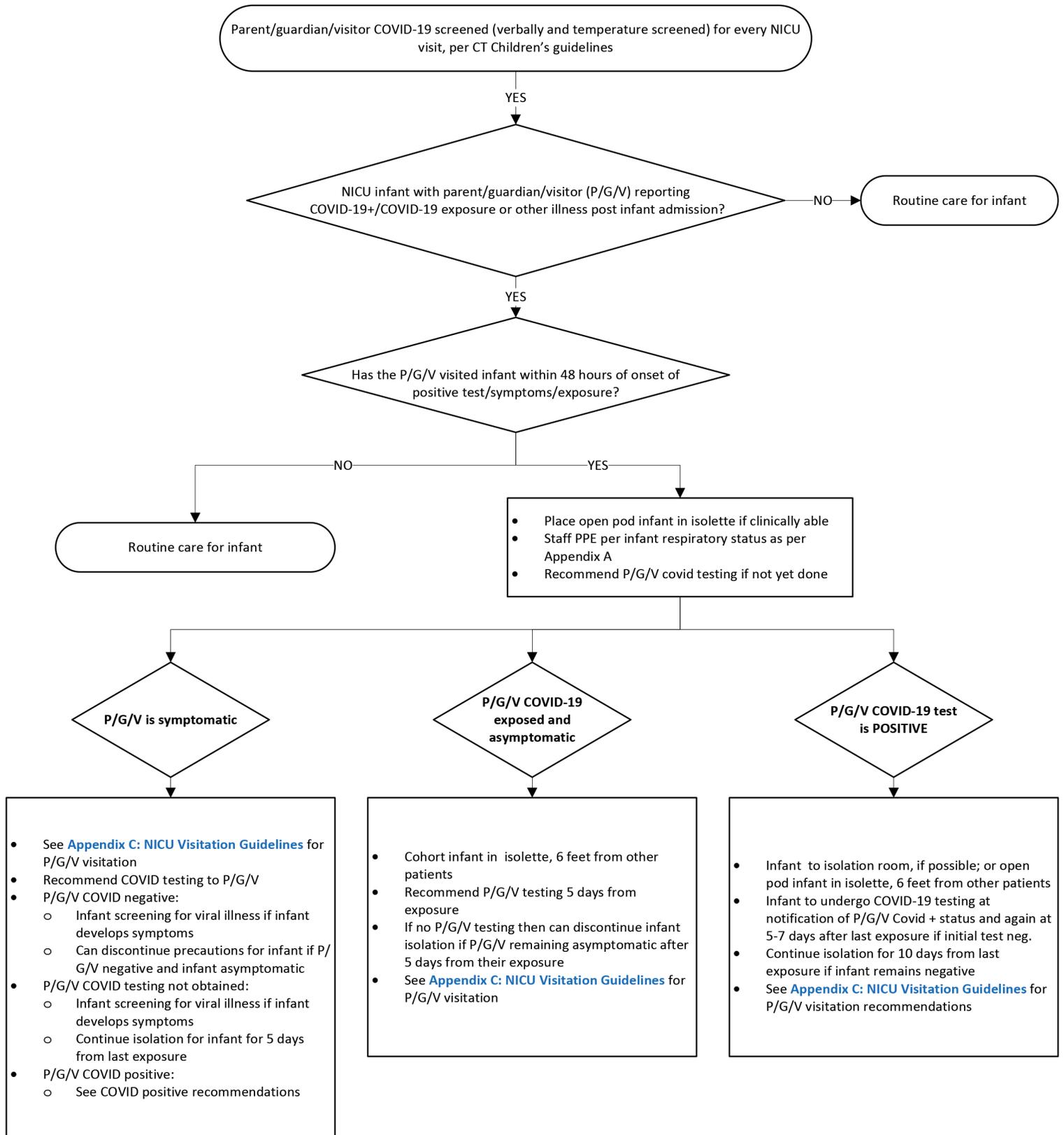
CONTACTS: ANNMARIE GOLIOTO, MD | DAVID SINK, MD
This pathway is subject to change, based on evolving recommendations from the CDC and CT DPH.

LAST UPDATED: 03.05.26



CLINICAL PATHWAY:
CT Children's COVID-19 Newborn Care and Disposition
Appendix B: Exposed Infant Post-Delivery

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NICU Visitation – Community Spread Plan

Why is our NICU at special risk?

- Immunocompromised status of NICU patients
- Fragile clinical status of NICU patients
- Open layout of CT Children's NICU environments
- High transmission rate of currently circulating COVID-19 strains
- Current prevalence of COVID-19 in Connecticut
- Current high risk for Healthcare Worker staffing shortages due to COVID-19 infections or exposures

NICU Visitation Guideline when parent/guardian feels well/no exposure concern:

- 6 total of parents, legal guardians, designees identified for visitation during infant stay 24/7
- No siblings under the age of 14 except discharged multiple gestation sibling
- Families can bring one additional visitor per day from 8 AM – 8 PM
- Limit of 2 at the bedside at one time
- Vaccination and boosters recommended for all who enter the NICU
- All visitors must pass hospital entry screening

NICU Visitation Guideline when parent/guardian is exposed to COVID or diagnosed as COVID positive:

Visitor Exposed* to COVID-19	Visitor Diagnosed with COVID-19
<p>1. Asymptomatic visitor reports exposure to COVID-19:</p> <p>a. May visit NICU as long as remains asymptomatic</p> <p>b. Recommend testing after 5 days from exposure</p> <p>c. If symptoms develop, recommend testing and no visitation to NICU until status is clarified/symptoms resolving as detailed below**</p>	<p>1. Positive test after symptoms or known exposure:</p> <p>a. May visit when asymptomatic and fever free for 24 hours without anti-pyretic medications</p> <p>b. Mask to be worn for 10 days from onset of symptoms or positive test</p> <p>b. In cases of <u>severe infection/critical illness in visitor</u>, NICU visitation is restricted for <u>20 days</u> from positive test or onset of symptoms</p>

*Note: Exposure day count begins once visitor quarantines from the Covid positive person. If there is no quarantine then exposure day count begins when the Covid positive person would be cleared per above chart.



NICU Visitation – Community Spread Plan

****NICU Visitation when a parent/guardian/visitor feels ill but there is no known exposure or COVID test result**

- Avoid visitation while not feeling well
- Recommend Covid testing and follow above recommendations if positive
- Covid test negative : Recommend no visitation until symptoms are mild and resolving, and no fever x 24 hours. If symptoms are worsening, consider repeating test in 2-3 days. They should consider other sources of illness such as influenza and RSV with their medical provider.
- In absence of testing avoid visitation until symptoms are mild and resolving and no fever for 24 hours

Special Circumstance:

Bereavement and/or a critical nature of infant illness may require an exemption to these guidelines and will be addressed on an individual basis

Reference:

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/faqs-management-of-infants-born-to-covid-19-mothers/>



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